

**ABSTRACT OF THE DISCLOSURE**

An ink jet printing method, having the steps of: A) providing an ink jet printer that is responsive to digital data signals; B) loading the printer with an  
5 ink-receiving element having a support having thereon a continuous, coextensive, non-porous, swellable, ink-receiving layer of a hydrophilic polymer which is capable of absorbing and retaining an ink; C) loading the printer with an ink jet ink composition of water, a humectant, a pigment and particles of a water-dispersible or water-soluble polymer; and finally D) printing on the ink-receiving  
10 layer using the ink jet ink in response to the digital data signals.